



Yōga Advocates

BREATH, STRESS, & ESSENTIAL OILS

E-BOOK

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INTENTION

Our intention for this session is for you to experience the power of your breath with Essential Oils – first hand – and how it can shift your mood, energy, and mental state in a matter of seconds, no matter where you are or what you're doing.



WHO ARE YŌGA ADVOCATES



We guide holistically-minded humans who seek autonomy in their health and home to create their own personal plant medicine practices – on a practical level, but also energetic, emotional, and spiritual using the purest essential oils.

Our wish is for you to understand, by experience, the innate wisdom of nature.

01

BODY

Practical, day to day.

02

MIND

Mental & emotional.

03

SPIRIT

Spiritual & energetic.

WHY BREATH & AROMA

There is a saying that "if you own your breath, no one can steal your peace."

To learn to breathe mindfully, consciously, & intentionally is one of the greatest tools to access inner peace by regaining control of your emotional & physiological state.

The science between breath, the brain, & aroma is ever-growing. How we breathe changes the function of our brain: breathing slower can make us calmer, while restriction has the power to make us more anxious.

When you intentionally combine aromatic plant molecules, breath, & your olfactory nerves, you are immediately able to access the limbic center of your brain (a.k.a. the control center of your emotions).

As the inhale & exhale alone can change the chemistry of the brain; with the addition of the chemical constituents found within essential oils, you are able to immediately support your mental wellbeing, mind & mood – even physical body in a truly empowering practice.

WHY BREATH & AROMA

DID YOU KNOW...

- In 22 seconds, essential oil molecules have reached the brain
- In 2 minutes, essential oils are found within the bloodstream
- In 20 minutes, essential oils have affected every cell within the body
- Breathing is the only autonomous system of the body that we can also control
- The human nose can detect 1 million smells
- There is a direct connection between the 'prana' or energy of breathing & its effects on energy liberation in the body
- Each breath is used by your body to transport oxygen to your cells, helping them grow, reproduce, and perform their different functions
- The smell receptors located on the upper surface of the nasal cavity make direct links with the limbic system of the brain, an area that governs the body's emotional responses
- Because of the direct link of the olfactory system to this area of the brain, aroma is capable of interacting directly with the hypothalamus, influencing neurochemistry throughout the body which can create powerful health outcomes

SAFETY FIRST

- Never put oils in eyes, ears, or up your nose.
- See safe dilution ratios for babies, kids, elderly + immunocompromised.
- When diffusing around pets, babies, or elderly, be mindful to have airflow & opportunity for them to exit the room.
- If essential oil gets in eyes by mistake, do not rinse with water. Close eyelid & rub coconut oil (or any carrier oil) on the outside of eyelid to draw essential oil out.
- If a hot/spicy oil gets on skin by mistake, swipe over the area with coconut oil (do not rinse with water).
- If you drink a spicy/hot oil by mistake, swish with coconut oil or olive oil & spit.
- Most citrus oils are photosensitive, meaning you're more likely to get sunburned if used on skin in the sun.
- Keep out of reach of babies, kids, & pets.
- Store out of direct sunlight.
- It's recommended to use a carrier oil when using essential oils topically (ie: fractionated coconut oil, jojoba oil, etc).
- In most cases & in general, less is more :)
- doTERRA oils with supplement facts are the only oils that should be taken internally.
- Any tips we share are relevant to doTERRA oils only, not any other brand.
- Nothing we share is meant to be, or replace, medical advice. These are only our experiences.

6 OILS FOR BREATH & STRESS

01

PEPPERMINT

02

BREATHE

03

FRANKINCENSE

04

BALANCE

05

ADAPTIV

06

DEEP BLUE

PEPPERMINT

OIL OF A BUOYANT HEART

MANTRA

I am clear & focused.

ENERGETICS

Revitalising, Inspired Action, Cooling, Clarity,
Optimistic, Strength, Relieved



PEPPERMINT

IN PRACTICE

Diffuse with Wild Orange or any citrus during an energizing Vinyasa yoga practice.

Press 1 drop onto roof of mouth before start of practice or breathwork to awaken in AM, connection to deeper breathing, or feel cooled in an invigorating or heated vinyasa.

BREATHWORK

Ujjayi Breath

DAILY PROTOCOLS

Use topically or internally for pain management & healthy inflammatory responses within the body.

Add 1 drop to moisturizer to support healthy, beautiful glowing skin.

Place 1 drop under the tongue daily to support anxiety/mood, healthy cellular function, & to strengthen the immune system.

PEPPERMINT

SOURCING

Washington, USA

SUSTAINABILITY

The plant matter leftover during the distillation process is then used as compost for the growing plants, so there is never any plant matter waste.

PEPPERMINT IN WASHINGTON BEHIND THE BOTTLE (VIDEO)

https://www.youtube.com/watch?v=Z-AMK_y6M8E

BREATHE

OIL OF BREATH

MANTRA

I deepen my breath to nourish myself.

ENERGETICS

Loved, Supported, Recieving, Open, Healing,
Trusting, Embracing Life, Solace



BREATHE

BLEND OF

Laurel, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, Ravensara

IN PRACTICE

Apply to chest to open airways & inhale from palms before breathwork.

BREATHWORK

Four Part Box Breath

DAILY PROTOCOLS

Diffuse & rub a couple drops diluted onto chest & back when feeling congested, or create a steam mug by adding a drop to hot water & gently breathing it in

BREATHE

SOURCING

Various

SUSTAINABILITY

Tea Tree – The Tea Tree biomass (the organic matter left over after distillation) gets put back onto the ground to add vital nutrients & minerals into future harvests, rather than put in a landfill.

HUMANITARIAN

Tea Tree – doTERRA partnered with Kenyan farmers to help bring the community out of poverty by fronting the money needed to build out their business. This resulted in their first cash crop & first time being paid upon harvesting.

CREATING BUSINESS OPPORTUNITIES FOR KENYAN FARMERS (VIDEO)

<https://youtu.be/z2QeDU-M3bQ>

FRANKINCENSE

OIL OF TRUTH

MANTRA

By the Light of the Divine, I am Whole.

ENERGETICS

Enlightenment, Divinity, Magnificance, Truth,
Protected, Discerning, Wisdom



FRANKINCENSE

IN PRACTICE

Enhance every meditation by applying 1 drop of Frankincense to 3rd Eye Chakra, the space of innate wisdom, to deepen a connection to truth & enlightenment.

BREATHWORK

Nadhi Shodhana (alternate nostril breath)

DAILY PROTOCOLS

Use topically or internally for pain management & healthy inflammatory responses within the body.

Add 1 drop to moisturizer to support healthy, beautiful glowing skin.

Place 1 drop under the tongue daily to support anxiety/mood, healthy cellular function, & to strengthen the immune system.

FRANKINCENSE

SOURCING

Somalia, Oman, Ethiopia

SUSTAINABILITY

Developed a Harvesting Best Practices Manual to teach local farmers about over-harvesting.

Leader in research & sustainability initiatives to protect these sacred, historic trees. Propagation Initiative to plant 20,000 trees by year 2020.

Traceability & transparency of the harvesting supply chains.

HUMANITARIAN

Built schools to provide education for boys & girls in the local & neighboring communities. Built a first-of-its-kind hospital in the area, providing access to life-saving services to tens of thousands of people. Supports clean water initiatives.

SOMALIA CO-IMPACT SOURCING (VIDEO)

youtube.com/watch?v=rg9mVE7-yPQ_

BALANCE

OIL OF GROUNDING

MANTRA

I am guided by grounding into the rhythms & wisdom of nature.

ENERGETICS

Grounded, Stable, Connected, Committed, Self-Contained, Inner Strength, Perservering



BALANCE

IN PRACTICE

Massage onto the soles of feet before a grounding practice or standing balancing practice to remind yourself of your own innate roots & stability.

BREATHWORK

Nadhi Shodhana (alternate nostril breath)

DAILY PROTOCOLS

Start your morning by massaging a couple drops onto the soles of your feet to start your day feeling connected & grounded.

Also try this before bed with a couple drops Lavender or Serenity for a restful night's sleep!

BALANCE

BLEND OF

Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus

SOURCING

Somalia, Oman, Ethiopia

SUSTAINABILITY

Black Spruce – Black Spruce is a great example of doTERRA's environmental stewardship. The essential oil is created in a closed-loop zero waste system & is by-product of the logging industry. The remnant branches & needles are collected, then that material is steam distilled into essential oil. The remaining matter is then burned by a local power plant to produce energy.

ENVIRONMENTAL STEWARDSHIP IN CANADA WITH BLACK SPRUCE (VIDEO)

https://youtu.be/U3KO0JGqb_Y

ADAPTIV

OIL OF ADAPTABILITY

MANTRA

I am calm & safe. I have trust in my current experience.

ENERGETICS

Reassured, Calm, Clear, Confident, Self-Acceptance, Liberated, Trusting, Upheld, Safe



ADAPTIV

IN PRACTICE

Diffuse or breathe a drop from the palms of your hands before a yin, restorative, yoga nidra or meditative practice to calm & relax the nervous system

BREATHWORK

Yoga Nidra Meditation

DAILY PROTOCOLS

Anytime you're feeling stressed, anxious, or overwhelmed, diffuse or breathe in a drop from your palms.

Diffuse at night with Serenity, Lavender, or Balance for a relaxing night's sleep.

ADAPTIV

BLEND OF

Wild Orange, Lavender, Copaiba, Spearmint,
Magnolia, Rosemary, Neroli, Sweetgum

SOURCING

Various

HUMANITARIAN

Wild Orange – doTERRA generates jobs & maintains long-term partnerships with hundreds of small-scale orange farmers who grow our Wild Orange in southern Brazil.

WILD ORANGE IN BRAZIL BEHIND THE BOTTLE (VIDEO)

<https://www.youtube.com/watch?v=ZQZUGZpEXvw&t=115s>

DEEP BLUE

OIL OF SURRENDERING PAIN

MANTRA

I embrace my strengths to soothe, heal & transform my pain into lessons of love.

ENERGETICS

Strengthened, Accepting, Soothed, Sertene, Healing, Healed



DEEP BLUE

IN PRACTICE

Massage a couple drops onto your neck before beginning your yoga practice to relax the shoulders & also allow the invigorating aroma to open your airways as you move.

Massage onto feet at the end of your practice for a moment of intentional self-care.

DAILY PROTOCOLS

Massage a couple drops onto any area of the body that feels tight or tense.

DEEP BLUE

BLEND OF

Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, Osmanthus

SOURCING

Various

HUMANITARIAN

Wintergreen – Due to a lack of professional opportunities for Nepalese women, doTERRA primarily employs female Wintergreen harvesters.

WINTERGREEN IN NEPAL CO-IMPACT SOURCING (VIDEO)

<https://youtu.be/X6seOM-AFv4>

SAMPLE DAILY PROTOCOL

FOR BREATH & STRESS

MORNING

- Massage 2 drops Balance onto bottoms of feet
- Massage Deep Blue onto any sore or tense muscles (even just on your neck feels great!)

MIDDAY

- Diffuse Adaptiv + Peppermint to stay calm & focused during the workday
- Take a 'Mini Aromatherapy Break' by putting 1 drop Frankincense in hands, rub together, & take 3 deep breaths

NIGHT

- Massage 2 drops of Balance onto bottoms of feet
- Diffuse 2 drops Breathe & 2 drops Adaptiv to breathe easy & feel relaxed

PURCHASE OPTIONS



SIMPLE START KIT

\$105



ESSENTIAL OIL SINGLES

15 mL: Lemon

ESSENTIAL OIL BLENDS

15 mL: dōTERRA On Guard, dōTERRA Serenity

OTHER PRODUCTS

Deep Blue Rub

AROMA ESSENTIALS KIT

BRAND
NEW!

\$149.50



ESSENTIAL OIL SINGLES

5 mL: Wild Orange, Peppermint,

ESSENTIAL OIL BLENDS

5 mL: dōTERRA Balance®, Citrus Bloom®, dōTERRA On Guard®, dōTERRA Serenity®, dōTERRA Breathe®, dōTERRA Cheer®, Adaptiv®, Northern Escape

OTHER PRODUCTS

Laluz™ Diffuser

HEALTHY START KIT

\$160



ESSENTIAL OIL SINGLES

5 mL: Lavender, Lemon, Peppermint, Tea Tree, Oregano, Frankincense

ESSENTIAL OIL BLENDS

5 mL: Deep Blue, dōTERRA Breathe, dōTERRA On Guard, DigestZen®

OTHER PRODUCTS

Pebble™ Diffuser

HOME ESSENTIALS KIT

OUR
FAVORITE!

\$249



ESSENTIAL OIL SINGLES

15 mL: Lemon, Lavender, Peppermint, Copaiba

ESSENTIAL OIL BLENDS

5 mL: Deep Blue®

15 mL: Adaptiv®, dōTERRA Balance, dōTERRA Breathe®, DigestZen®, dōTERRA On Guard®

OTHER PRODUCTS

Petal 2.0 Diffuser

CUSTOM KIT

\$35 +

**WHOLESALE PRICE
OF ANY PRODUCTS
& OILS YOU WANT**



WHAT YOU GET FROM US

01

Private 1:1 Welcome Session to help you get the most out of your oils

02

Access to our private Customer Portal with videos, ebooks, meditations, & more

03

Access to other resources like private Facebook Group, Continuing Education, etc

04

A simple Audio Meditation using your essential oils that you can use anytime, anywhere

NEXT STEPS

PURCHASE:

01

If you know what you'd like to order, purchase here – bit.ly/YAorderform

DISCOVER:

02

If you need more guidance, fill out this discover form & we'll send you back a custom recommendation within 24hr – bit.ly/YAoilsinterest

NEXT STEPS

1:1 SUPPORT

03

If you feel like you need more personalized support to help you figure out what oils are best for you, book a 30min Zoom session to discuss your needs one on one –

bit.ly/YAoilschat

***"WHEN YOU
OWN YOUR
BREATH, NO
ONE CAN
STEAL YOUR
PEACE."***

UNKNOWN